

## Brief Review of Steps 1, 2, & 3

Having covered the information in pages xxiii through page 63 of the Big Book, Alcoholics Anonymous, we asked ourselves the following questions when taking the first three Steps.

Step 1 We admitted we were powerless over alcohol that our lives had become unmanageable.

- If, when I honestly want to, can I quit entirely (because of the mental obsession), or if when drinking, do I have little control over the amount I take (because of the physical allergy)?
  - If you've answered "no" to the first part and "yes" to the second, you're probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer. (page 30)
  - Drunk or sober (suffering from "untreated alcoholism"), do I have trouble with personal relationships? Can I control my emotional natures? Am I a prey to misery and depression? Can I make a living (a happy and contented life)? Do I have a feeling of uselessness? Am I full of fear? Am I unhappy? Do I find that I can't seem to be of real help to other people? (page 52)
  - Do I fully concede to my innermost self that I am alcoholic? (page 44)
- Do I now believe, or am I even willing to believe, that there is a Power greater than myself? (page 47)
  - Do I have a conception of that Power which makes sense to me? (page 46)
  - When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What is my choice to be? (page 53)

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

### Third Step Decision

*"Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children."*

*Big Book, page 62*

To affirm this decision, we say the Third Step Prayer:

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Big Book, page 63, Step 4

In the Third Step we decided to turn our thoughts and actions over to the care of God. The way we carry out that decision is by taking the actions of Steps 4 through 9. We found in Chapter 4, “We Agnostics”, that God dwells deep down within us. We’ve been blocked from God’s Power

because of our own self-will – our character defects and shortcomings (i.e. selfishness, dishonesty, resentment, fear, guilt, shame, remorse, anger, etc.) The first step of getting us “unblocked” is Step 4: Made a searching and fearless moral inventory of ourselves.